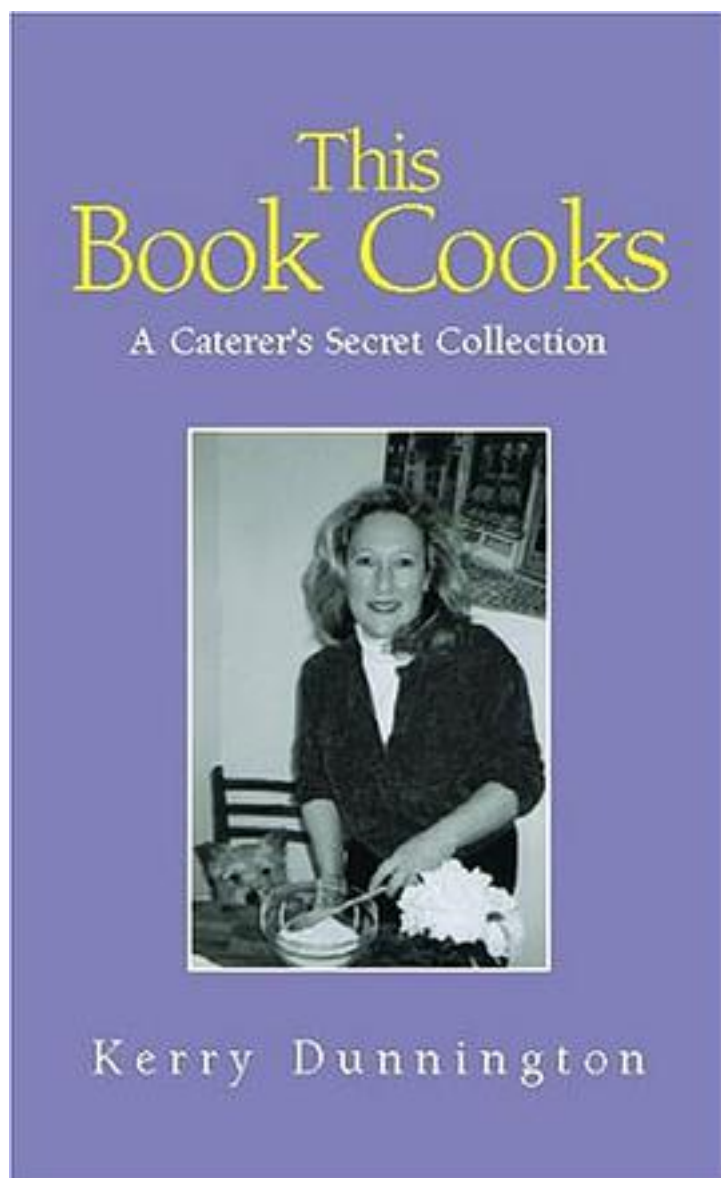


This Book Cooks



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著者:Dunnington, Kerry

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Vegetables are disguised in cakes, fritters, breads and pancakes and fresh fruit can be found tossed with salad greens, rice and pasta. Menu pairings are designed to enhance and thought is given to color, texture, balance and variety. A collection of more than 180 low fat and nutritional recipes created to use for entertaining that include cooking tips, advance preparation techniques and complementing beverages.

作者介绍:

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